

St Rocco Lunch Menu - December



A variety of fresh, local, vegetables are offered monthly.

Any questions, please contact the Director of Dining Services, at Erin.Shoemaker@compass-usa.com

 <p>Spice It Up is a celebration of international recipes that are proven to raise the bar of the spice rack empowering students to join in cooking with various spices that are sure to spice up any meal with their family.</p>		1		2					
		 <p>Sweet & Sour Chicken Fried Rice Roasted Broccoli</p>		Pepperoni Pizza Tossed Salad					
5		6		7		8		9	
 <p>Nashville Chicken Sandwich Baked Crinkle Fries</p>		 <p>Beef Tacos Shredded Cheddar, Shredded Lettuce, Salsa, Sour Cream</p>		Italian-style Meatball Sandwich Local Herb Roasted Potatoes		Mac & Cheese Local Butternut Squash		Classic Cheese Pizza Caesar Salad	
12		13		14		15		16	
Breakfast for Lunch French Toast Hashbrown Chicken Sausage Patty Warm Local Apple Slices		Teriyaki Chicken Brown Rice Sesame Green Beans		BBQ Pulled Pork Sandwich Confetti Cole Slaw		Tomato Soup Toasted Grilled Cheese Sandwich		Pepperoni Pizza Tossed Salad	
19		20		21		22		23	
Chicken & Cheese Quesadilla Roasted Local Butternut Squash Dinner Roll		 <p>Beef Nachos Shredded Cheddar, Shredded Lettuce, Salsa, Sour Cream</p>		Lasagna Roll Up Roasted Broccoli Garlic Breadstick		No School		No School	
26		27		28		29		30	
 								 	

Daily Alternate Options:

- 11/28-12/2:** Cheese Quesadilla
Pretzel & Yogurt Fun Lunch
- 12/5-12/9:** Toasted Cheese Sandwich
Pepperoni Pizza Bagel
Fun Lunch
- 12/12-12/16:** Chicken Tenders
Cereal Fun Lunch
- 12/19-12/22:** Chicken Nuggets
Muffin Fun Lunch

Extra Extra

- 11/28-12/2:** Local Apples, Bananas, Black Bean & Corn Fiesta, Baked Local Apple Slices, Fresh Broccoli Florets, (Friday) Roasted Local Butternut Squash
- 12/5-12/9:** Local Apples, Pears, Broccoli, Roasted Garbanzo Beans, (Friday) Local Apple Kale Salad with Roasted Local Butternut Squash
- 12/12-12/16:** Local Apples, Orange Wedges, Cucumbers, Mexican-style Beans, (Friday) Spicy Dill Red Chili Local Potato Salad
- 12/19-12/22:** Local Apples, Red Grapes, Celery Sticks, Chickpeas w/Italian Dressing,

All items are made with whole grains.

All meals are served with a variety of fruits and vegetables, local when available.

All meals are served with milk (1% low fat white or fat free chocolate)

Menu is subject to change.

This institution is an equal opportunity provider.